



THE LEADER

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Nov. 21, 2003



Set your table

Thanksgiving recipes
from base members

– See Pages 10-11

319th Air Refueling Wing ♦ Winners of the Air Force Outstanding Unit Award (July 2000 to June 2002)

Inside: A force evolves

Weekend weather

Today	26/15	Mostly Cloudy
Saturday	20/12	Mostly Cloudy
Sunday	22/15	Cloudy
Monday	25/16	Snow



Weather information courtesy
319th Operations Support Squadron weather flight

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From the front

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Meet the Lady Warriors

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Be thankful, not waist full

By Maj. Larry Groves
Health and Wellness Center

On a joyous Thanksgiving Day, it's hard to imagine that its plentiful bounty can actually worsen the number one health problem in America today. More than half of all Americans, young and old, are overweight with an alarming increase in the risk of physical ailments.

This can be a touchy subject, especially during a holiday when we celebrate abundance and enjoy family gatherings. Nutrition experts typically agree with eating a hearty meal on Thanksgiving – it's likely the most nutritional and tasty meal we'll eat all year.

Are you worried you'll have to starve yourself before you can enjoy your Thanksgiving meal? Starving is never a good way to cut calories. If you're concerned about the big Thanksgiving meal, you can take some steps to help balance the calories.

As you plan your shopping list for this much-anticipated holiday meal, add healthy ingredients to make family favorite recipes not only tasty but good for you, too.

- ▶ For dips, sauces, and pie toppings, use non-fat yogurt or fat-free sour cream.
- ▶ Use egg whites or egg substitutes in place of whole eggs.
- ▶ Try evaporated skim milk instead of whole milk.
- ▶ Hold the butter. Use low-sodium, fat-free chicken broth in your mashed potatoes to lighten holiday fat content.
- ▶ Top casseroles with almonds instead of fried onion rings.

- ▶ Choose reduced-fat cheeses for salads and casseroles.
- So, how else can you enjoy a hearty Thanksgiving feast without experiencing regret the next day? In one word, the answer is "move." Exercise early in the day. Get your metabolism going. Moderate exercise for 30 to 60 minutes would be about right. Then, after the meal, move some more – go for a walk. This Thanksgiving, make physical activity part of the family tradition. Whatever activity you choose, you'll burn those calories instead of storing them.
- In addition, here are some other tips for eating smarter this Thanksgiving:
 - ▶ Don't skip meals before the big meal that day. You'll be too hungry and may overeat. Treat it as a regular day - three meals and healthy snacks.
 - ▶ Make sure you're well hydrated before the meal. We often mistake thirst for hunger, so drink water before you dig in.
 - ▶ Chew your food more completely to eat slower, allow yourself time to know when you're full, and avoid overeating. You'll eat much less and savor the Thanksgiving meal more.
 - ▶ Engage in mealtime conversations with family and friends to redirect attention away from your plate and focus upon what's truly important at the table.
- Remember, the first Thanksgiving was eaten by people who worked hard clearing the land to grow their own food. Our bodies still need physical activity to be healthy. So, if you don't have any farmland to clear, you'll need to substitute exercise to maintain good health and a healthy weight.

Action Line 747-4522

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, please leave a message. Questions will be answered in the order they are received.



Col. Mark Ramsay
319th Air Refueling Wing
commander

Town Hall meeting answer

Q: *Is it possible to make child care available for shift workers from 5 p.m. to midnight?*

A: The Military Childcare Act and DoD policy have many guidelines to assure safe and reliable care. These laws and regulations have strict rules, which oftentimes make it cost prohibitive to provide evening child care at child development centers.

However, here we are sensitive to the special care needs of our families. Service does provide a variety of programs to

assist parents with their individual care needs. Programs include family child care, on-site care, extended duty care, as well as others. Each child care need is different, and to ensure we meet your specific requirements, we want to give you the individualized attention you deserve. I recommend you contact Mrs. Linda DePaolo, the Family Member Support flight chief, who can help families arrange for after-hours child care. Her number is 747-6483.

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DWI-free days

100%

Mission effectiveness rating



Courtesy photo

Cover photo
The Thanksgiving holiday Thursday means the holiday season is in full swing. This picture depicts many traditional Thanksgiving dishes.

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Carbon monoxide poses silent, deadly threat

By Staff Sgt. Javier Calvillo
Fire inspector

Colorless, odorless gas; flu-like symptoms and headaches are just a few of the terms used to describe the symptoms of carbon monoxide poisoning. Although CO detectors were installed in all existing housing units more than three years ago, many folks are still getting used to the detectors.

The fire department still responds to dozens of calls each year for both real and false carbon monoxide exposure. Since carbon monoxide is a by-product of combustion, we are curious about its true source.

Is there a hidden fire somewhere? Is the furnace exhaust blocked? Is there a car running in the garage? These are some of the questions that responding fire-fighters try to answer.

In reality, only a handful of responses are actually related to a piece of equipment not working properly.

“The vast majority of calls are for a faulty CO detector, or inadvertently caused by the housing occupants,” Said Mr. Jay Evett, fire department member.

During this time of year, many occupants are tempted to run their vehicles in the garage to warm them up before driving. This is a dangerous practice. Not only does it increase your chances of having a garage fire, it also introduces CO into your home, if

the garage is attached.

Often times, families will pull the car in the garage, close the garage door, and then turn the car off. This is just as dangerous. It needs a chance to air-out.

Other problems with CO around this area are pulling the vehicles halfway out of the garage and leaving it running – letting carbon monoxide in both the garage and eventually into the household.

Lately, a new trend is starting due to the cold weather, which is leaving the car running in the parking lot, garage, or driveway with kids inside. Parents will go run an errand inside the house, or go shopping inside the store. Meanwhile the CO is vented back into the car due to wind conditions or surrounding environment.

You must remember to take your kids with you no matter how quick you think you will be. All of these are very dangerous situations. Prevention is up to you.

If you are exposed to carbon monoxide, some of the early symptoms are non-specific, and include headaches (the most common complaint), dizziness, fatigue and nausea, according to the National Fire Protection Association. Shortness of breath with exertion, impaired judgment and visual changes occur at slightly higher levels.

These flu-like symptoms are also common to viral infections. However, if the symptoms subside when

away from your home and recur upon returning, CO may be suspect.

Confusion, seizures, coma and death occur at extremely high levels in the blood.

The CO detectors in your home are set to alarm well below the level of CO that would normally cause detectable symptoms. Although the detectors will alarm when CO is detected, it’s important for all occupants to understand that smoking, humidity, temperature changes and some household products can occasionally produce false alarms.

If a CO detector alarms, but symptoms aren’t present, it may be either a small CO leak or a false alarm. If symptoms aren’t present, we ask that people open windows, shut off the furnace, and other potential CO sources and call housing maintenance at 594-9798, regardless of time of day.

In these cases, there’s no real need to evacuate the residence. If symptoms are present, people should evacuate the residence and call 911 immediately. Firefighters will respond immediately and begin checking for leaks and assisting with first aid.

If abnormal carbon monoxide levels are detected, the experts from the 319th Medical Group bio-environmental engineering flight and housing maintenance will be contacted to help isolate the problem.

With everyone’s help, we can prevent carbon monoxide poisoning on base.

News Briefs

Louisiana St. road closure

To support new housing construction, gates across Louisiana St. will close 8 a.m. Saturday.

This portion of Louisiana St. will remain closed until early January, at which time the gates will be opened and that segment of Louisiana St. will again be passable.

Residents will be required to use alternate routes of travel during this closure.

UND football playoff tickets

Grand Forks Air Force Base will not be receiving free tickets to this week-

end’s University of North Dakota football Division II playoff game.

Go to www.gf-services.com and click on the link for Fighting Sioux.com for more information.

For details, call the 319th Marketing and Publicity Office at 747-3238.

New York Air Guard

The 109th Airlift Wing, in Scotia, N.Y., home of the C-130 ski-birds, has Traditional Guard vacancies in the following career fields:

1A2X1, 1C0X2, 1C3X1, 1N0X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 3C1X1, 3C3X1, 3M0X1, 3P0X1, 4A0X1, 4A1X1, 4A2X1,

4D0X1, 4N0X1, 4P0X1, 4T0X1, and 6C0X1, as well as full-time active duty positions in the following AFSCs: 1T1X1, 2A5X1 and 2A7X3.

For details, call Master Sgt. Ryerson, at DSN 344-2456 or 1-800-524-5070.

Holiday closures

The commissary will be open the following hours for shopping convenience during the upcoming Thanksgiving week.

Nov. 24, 9 a.m. to 6 p.m.
Nov. 25 and 26, 7 a.m. to 7 p.m.
Nov. 27 (Thanksgiving) CLOSED
Nov. 28, 9 a.m. to 6 p.m.
Nov. 29, 7a.m. to 7 p.m.

The Shoppette will be open Nov. 27 from 10 a.m. to 8 p.m.

All other facilities will be closed. The Base Exchange will be open from 6 a.m. to 6 p.m. Nov. 28. All other facilities have normal hours of operation.

The BX will be open from 6 a.m. to 6 p.m. Nov. 29. All other facilities have normal hours of operations

Airmen’s all call

There will be an airmen’s all call Nov. 24 at 8 a.m. and 3 p.m. in Hangar 523.

All senior airmen and below can attend. Staff sergeant selects need not attend.

Arrive 15 minutes early. For more information, call Tech Sgt. Kenneth Clere at 747-4513.

Matching right person, place, time

By 1st Lt. Rob Lazaro
Public affairs

A team from the Air Force Personnel Center headed by Maj. Gen. Mark Volcheff, Director of Operations,



Photo by 1st Lt. Rob Lazaro

Maj. Gen. Mark Volcheff answers questions from base officers after the force development briefing Nov. 13.

headquarters Air Mobility Command, visited the base Thursday to brief both wing leadership and the base officer corps on the Air Force's new Force Development initiative.

The initiative, which will be the next evolutionary step in the Air Force Assignments System, was developed by the Secretary of the Air Force, Dr. James Roche, and Air Force Chief of Staff, Gen. John P. Jumper.

The goal of force development is to prepare and shape the capabilities of the Air Forces' most important resource – the men and women serving.

"Force development is a combination of focused assignments, education, and training opportunities that will prepare us to meet the needs of the Air Force for today and tomorrow," said Gen. Jumper. "It's getting the right people, at the right job, at the right time with the right skills."

Force development considers the progression of the Air Force officer on three levels: tactical, operational, and strategic.

In the tactical level, officers will focus on developing their primary skill. Mid-grade officers will begin to

develop a complementary skill in the operational level. And at the strategic level, senior leaders will use their assignments, training and leadership experience to develop a professional base that extends beyond the Air Force.

"Not everyone will need, nor should they expect to receive, development through all the force development stages, but everyone will be developed at some level," said Lt. Col. Tamra Rank, deputy chief of AMC assignments. "Our team will balance the desires of the individual officers with his or her demonstrated potential and along with the needs of our Air Force."

Force development is a total force initiative beginning with the officer corps, and will be followed by the career civilians, enlisted members, Air Force guard and Reserve.

"We intend to develop leaders that motivate teams, mentor subordinates and train their successors," said Lt. Col. Rank.

"This new vision will build leaders for the future that will ensure our position as the world best air and space force," said Gen Jumper.



Base chapel

CATHOLIC:

Mass: 9 a.m. Sunday, Sunflower Chapel.

Weekday Mass: 11:30 a.m. Monday, Wednesday and Thursday, Sunflower Chapel.

Reconciliation: 8:30 to 8:45 a.m. Sunday, or by appointment, Sunflower Chapel.

CCD: 10:45 a.m. at Twining Elementary.

Adult education, sacramental programs: Call Mrs. Jane Hutzol at 747-3073.

PROTESTANT:

Combined worship: 10:30 a.m. Sunday, Sunflower Chapel.

Sunday School: 9 a.m., Eielson Elementary.

Protestant youth of the chapel: 4 to 5:45 p.m. Sunday, youth center.

Men of the Chapel Bible study: Noon Monday, Prairie Rose Chapel conference room.

Young adults: 6 p.m., Chaplain Swain's home. For details, call 747-6468.

Advent Family Night: 5 to 7:30 p.m. Saturday, Eielson Elementary.

Ecumenical Thanksgiving service and pie social : 7 p.m. Thursday, Sunflower Chapel.

JEWISH:

For details, call Synagogue B'nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details, call Dr. Levitov at 780-6540.

MUSLIM, BUDDHIST, OTHER:

For details, call 747-5673.

Base theater



Today, 7 p.m.

Intolerable Cruelty (PG-13)

Celebrated Beverly Hills divorce attorney Miles Massey (George Clooney) is bored with his continued success and wants a real challenge. He finds it in the form of the gorgeous Marilyn Rexroth (Catherine Zeta-Jones).

She's the wife of one of his clients (Edward Herrmann), a wealthy real estate developer whose infidelity is caught on tape. Marilyn and her attorney (Cedric the Entertainer), certain of a lucrative judgment in their favor, are stunned when

Miles works his courtroom magic and prevails, leaving her broke. Marilyn rebounds by marrying an oil tycoon (Billy Bob Thornton), which is all part of her plan to get revenge on Miles, who finds himself attracted to this shrewd, sexy woman.

Saturday, 7 p.m.

Under the Tuscan Sun (PG-13)

In this film loosely based on Frances Mayes' popular memoir of the same name, Diane Lane plays a San Francisco author whose recent divorce leaves her suffering from depression and a nasty case of writer's block. On the advice of her best friend (Sandra Oh), the 35-year-old woman takes a vacation to the Tuscany region of Italy. She likes it there so much that she buys a villa in the town of Cortona. Her new life becomes even more exciting when she finds love in the arms of a handsome local (Raoul Bova).

Nov. 28, 7 p.m.

Good Boy! (PG)

An alien dog named Hubble (voiced by Matthew Broderick) – from the Dog Star, Sirius, of course – travels to Earth to investigate rumors that his canine conspirators have abandoned their plan to overthrow their human “masters.” He's soon adopted by 12-year-old Owen Baker (Road to Perdition's Liam Aiken). Owen helps Hubble train a misfit band of neighborhood dogs to impress the Greater Dane, a leader from Sirius who is coming to Earth. The movie is a mix of live action and CGI animation.

Nov. 29, 7 p.m.

Lost in Translation (R)

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

OSC auction tonight

Partial proceeds to go toward scholarships for military spouses, children

By Mrs. Sarah Bloch
Public affairs

The Officers' Spouse's Club is holding its third annual Mercantile Auction at the Northern Lights Club tonight, opening with a silent auction at 6 p.m., followed by hors d'oeuvres and live bidding at 8 p.m. This event is open to the entire base.

This auction will help raise funds for the base and local communities, part of which will contribute to scholarships.

Tickets are available for \$5 at the door of the club.

Proceeds will go to charities that benefit the base and surrounding communities. Last year, a total of \$9,300 was awarded to scholarship recipients; \$1,880 came from the OSC and \$500 from the Enlisted Spouse's Club.

The OSC-run thrift store on base contributes to the scholarships, yet since the auction's proceeds contribute significantly to the scholarships, the OSC is hoping for a good turn out at tonight's event, so come one come all!

Two of the nine recipients received \$1,600 each in May at the award's banquet and were positively impacted by the scholarships.

"It allowed me to pursue an Associate's, where before I had just planned on getting a certification," said Mrs. Tamara Harter, a military spouse based here. "It was the turning point that made me stay for my two-year degree. It gives so much more versatility, with a gazillion job choices available."

Mrs. Harter attends college at Northland Community and Technical College-East Grand Forks. When she applied, she was already in her first semester to study medical terminology. Yet, after being a scholarship honoree, she decided to pursue a Medical Administrative Secretary degree.

One of her reasons for waiting to further her education was to raise her daughter, then decided that it was her turn to go. Her daughter is now 13, and the two have playful homework competitions while studying together.

She expects to graduate in December, 2004, and said her top choice for a job when she's through is in medical transcriptions. However, she'll know for sure after she completes her current job-shadowing role at Altru Hospital.

"It mostly helped to pay for my cost to live here in Los Angeles, which is extremely expensive," said Mr. Jason Yelvington. "I decided to go to school in L.A. because of the opportunities and all the things to do."

Mr. Yelvington is the son of a military member based here and is studying for a four-year degree at the University of Southern California. He is majoring in creative writing with a possible second major in film production. He expects to graduate in May, 2007. He said he'd like to be a writer or director, but first wants to do Teach for America.

Mrs. Harter and Mr. Yelvington were both pleased with the scholarships granted to each of them.

"At the evening of the banquet, I saw the amount awarded was \$1,600 on the program, and that was beyond my imagination," said Mrs. Harter, "I was unbelievably, happily surprised."

"The award was \$1,600", said Mr. Yelvington. "I didn't really know what to expect, but I was extremely happy with what I received."

The two recipients leave some inspirational words to prompt others to apply for the scholarships:

"The process can seem intimidating at first, but everyone made it less so, making it definitely worth applying," said Mrs. Harter.

"Take every opportunity for a scholarship that you can," said Mr. Yelvington. "School is extremely exp-

ensive. The people at the officers' and enlisted spouses clubs are so generous to offer scholarships. Everybody who can should take the opportunity to apply."

Military spouses and children can greatly benefit from this program.

To start, contact Mr. Joe Chine, scholarship chairperson, at the base education center. Scholarships for the fall semester of 2004 are currently being offered and are open to dependents of active duty or retired military members, including outstanding high school seniors and military spouses.

Items for auction

- ▶ Two tickets to UND's men's hockey game Dec. 12
- ▶ Gorgeous quilt with a quilt stand
- ▶ Week's stay in Maui, Hawaii
- ▶ Hotel get-away package
- ▶ Sanders restaurant gift certificates, Grand Forks
- ▶ Lola's restaurant gift certificates, Grand Forks
- ▶ Badman Design ornaments, Grand Forks
- ▶ Pottery from local potters, including one on base
- ▶ Massage therapy gift certificates
- ▶ Versatile gift baskets with varying levels of value
- ▶ Four sets of tickets to UND's men's hockey games
- ▶ DVD Player
- ▶ Wine baskets
- ▶ A roaster
- ▶ Book Shelf

Grand Forks services troop was ‘always’ on the job

By Staff Sgt. Scott T. Sturkol

United States Central Air Forces public affairs

SOUTHWEST ASIA – If you ask Tech. Sgt. Pete Bruni when he last had a day off, he’d tell you, “144 days ago.”

Sgt. Bruni, has worked as the man in charge of this undisclosed base’s largest dining facility since he arrived in early July with a team from Grand Forks Air Force Base. Most or all of Sgt. Bruni’s team left in October, but he hung on a bit longer.

“By the time I leave here, I will be one of the first services troops to get here for Air Expeditionary Force Blue and one of the last to leave,” Sgt. Bruni said before he left here Nov. 13.

The technical sergeant said that in his entire time here, he has not taken a day off because of the importance of making sure things are running smoothly at his dining facility.

“Sometimes, we’ve had to work 14-hour days,” Sgt. Bruni said. “When you could have anywhere between 600 and 1,200 people eating at your dining facility during each meal of the day, you have a lot of preparations and work that has to be done.”

When Sgt. Bruni arrived here with his team, he expected to be busy, but not as busy as it was all the time he was here.

“I never really had time to do anything else,” Sgt. Bruni said. “Deployed services troops stay busy all the time, especially when they work in the dining facility.”

It was not unusual to distinguish Sgt. Bruni when you walked into the 18-2 “Big Apple” dining facility. He’d be the only guy wearing a desert camouflage chef’s hat.

“You wouldn’t believe how many people wanted to buy that hat from me,” Sgt. Bruni said.

Daily activities meant managing a staff that included more than a dozen military and a dozen or more civilian contractors. It also meant preparing three

meals a day that included multiple selections to choose from. By the time he left, the “Big Apple” became the place nearly everyone went to for their meals.

“We had a saying about people who ate at the 18-2 dining facility,” Sgt. Bruni said. “The saying was, ‘Once you eat at 18-2, nothing else will do.’”

Lt. Gen. Walter Buchanan, U.S. Central Air Forces combined forces air component commander, said in a recent interview that services troops like Sgt. Bruni and his team are among those who make deployed life better at deployed camps.

“I’ve gone all around visiting and watching what services personnel can do in areas like Bagram, Kandahar in Afghanistan, and Tallil and Kirkuk in Iraq,” Gen. Buchanan said. “Services troops are people who we sometimes take for granted back in the states... and we sometimes don’t appreciate the talent of those they have in that career field.”

“But when you walk in to a spot in Afghanistan or Iraq and it’s a dusty place and your trying to get a decent meal and a warm place, a dry place to sleep, and a place to wash up a bit, your able to see what services can do,” Gen. Buchanan said. “They can come in and set up a (deployed) kitchen and go ahead in concert with the civil engineers and put in place a tent city.”



Photo by Master Sgt. William J. Sharp

Tech. Sgt. Peter A. Bruni, 319th Services Squadron, prepares chili mac for the lunchtime meal at a deployed location Oct. 17. Weekly, the Big Apple dining facility’s staff at this location feeds more than 15,000 hungry coalition members.

More people have reason to be thankful this year

By Staff Sgt. Scott T. Sturkol
United States Central Air Forces
public affairs

SOUTHWEST ASIA – When I was in Iraq in late-October, out on a Basra street patrol with the British Army, we had an Iraqi interpreter with us named Ahmed.

Ahmed was a man in his late 30s who was partially bald and spoke broken English, but whenever he spoke, it was easy enough to understand what he meant. During the patrol we had discussed many things, but one thing he said sticks with me today, and will for a long time.

He said, “Say thank you to Mr. Bush! We are free from Saddam Hussein, and we thank him for it.”

Ahmed’s praise for the President was also meant for all the American people. Even though the upcoming Thanksgiving holiday is not celebrated in Iraq as it is in America, what he and the majority of Iraqis I visited with expressed to me in my trip was they were thankful for freedom. It’s obviously something they weren’t used to, but

they know at this time last year they weren’t free, so their expression of thankfulness is evident everywhere you go in Iraq.

Ahmed’s words can also give us all reason to be thankful at home. On the frontlines of the Global War on Terrorism, the lives of American soldiers, Marines, airmen and sailors are on the line to protect the freedom we enjoy at home. The U.S. military is an all-volunteer force, and like me, they want to protect that precious right of freedom we as Americans have enjoyed for more than 225 years.

For the first time in my military career, and in my life for that matter, I will be deployed away from family and friends this Thanksgiving holiday. I am thankful to have wonderful people to come home to when I am done, but I am also thankful that I have had a chance to directly support an effort that brings freedom to people not just in Iraq and Afghanistan but other parts of the world as well.

But even when I’m not deployed, I know serving at my home base and

doing whatever I can to help others there also contributes to the overall effort. I’m mostly thankful to be an American and to have the ability to give others a reason to be thankful.

A long time ago, my parents taught me that it’s not what you can do for yourself that matters as much as what you can do to help others. That virtue carries right with me to the frontlines of this war we’re fighting.

On Sept. 11, 2001, I don’t know of a person who saw the events of that day not stop for a moment, look at the loved one next to them or call a loved one they knew, and told them how much they meant to them. That day brought to bear a good reason to be thankful for what we have, for who we are and what we, as Americans, have helped others achieve.

Right after Sept. 11, 2001, we, along with our allies in the freedom-loving world, helped bring freedom to Afghanistan, and we did it again this year to Iraq. In those two countries alone, that is more than 50 million people who are happy to be free of the brutal regimes that governed them before.

American lives have been lost along the way to bring freedom to those countries, and I am thankful to those comrades of mine who gave the ultimate sacrifice for freedom – their life. Their lives are not lost in vain because they loved freedom and were thankful for it.

As Thanksgiving approaches here in my deployed location, I know we will have some type of observance at the dining facility. But most likely, for those of us who attend the feast, it won’t be food at the front of our minds.

They will be like me, thinking of family and friends back home and also of where else they could be for the holiday. They will be giving thanks to their heroes on the homefront, and to the heroes on the battlefield.

Most of all, we will probably be like Ahmed, we will give thanks for our freedom, and we’ll be thankful we were a part of something that helped bring it to a whole lot more people this year.

Brown's caramel pecan pie



By Mrs. Kim Brown

9-inch unbaked pieshell
2/3 cup sugar
¼ cup butter, melted
3 eggs
12-ounce jar caramel topping
1½ cup pecan halves

In mixing bowl, beat eggs slightly with fork.
Add sugar and stir until dissolved.
Stir in caramel topping and butter, mix well. Stir in pecans halves.
Pour filling into pie shell and bake at 350 degrees for 45 minute

Gaddis' sweet potato soufflé

By Mrs. Carol Gaddis

6 medium sweet potatoes, cooked
½ cup liquid from potatoes
3 eggs, beaten
1 stick margarine
1¼ cup granulated sugar
½ cup brown sugar
½ teaspoon nutmeg
1 teaspoon cinnamon

Cream potatoes with liquid and add other ingredients. Bake at 300 degrees for 10 minutes before adding the following topping:

2½ cups corn flakes, crushed
1 cup pecans, finely chopped
1 stick butter
½ cup brown sugar

Melt butter and mix in remaining ingredients, sprinkle on top of potatoes. Bake 15 to 20 minutes at 300 degrees.



Sharing family recipes

Younker's sausage stuffing

By Mrs. Cappy Younker

1½ pounds of white bread (a large loaf)
1 medium onion, chopped
1 pound mild breakfast sausage
2 eggs, beaten

Fold each piece of bread in fourths and dip, one at a time, in water to moisten. Put all moistened bread in a large bowl.

Add sausage, onion, and eggs and mix well with your hands. Add a dash of nutmeg and dried parsley. You can also add chopped apples and/or celery if desired.

You can bake this in a casserole dish if you don't like to stuff your turkey. Bake covered for about an hour at 350.

Hill's buttercup squash, apple bake

By Mrs. Suzette Hill

1½- to 2-pound butternut squash, peeled and cut to fit into feed tube of food processor.
2 medium cooking apples, cored and cut in half.

½ cup brown sugar, firmly packed
1 tablespoon flour
1 teaspoon cinnamon
½ teaspoon salt
¼ cup butter, softened

Preheat oven to 350 degrees.

Slice squash and apples in food processor. Pour into 8x8x2-inch dish. Mix brown sugar, flour, cinnamon, and salt together.

Sprinkle brown sugar mixture over squash apples. Dot butter over mixture. Cover with aluminum foil.
Bake 50 minutes or until squash is tender.

Serve hot.

Bachinsky's creamy mashed potatoes

By Mrs. Cindy Bachinsky

5-pound bag of potatoes
8-ounce package cream cheese
1 stick butter
salt and pepper to taste
½ cup sour cream (optional)
milk

Boil potatoes until done. Then add cream cheese, butter, salt and pepper, and optional sour cream.

Beat until creamy. Add a couple of tablespoons of milk to make it smooth.



Community

Today

PASTA BAR: The Northern Lights Club offers a “pasta bar” along with the day’s hot entree during lunch from 11 a.m. to 1 p.m.

CLUB DINING: The Northern Lights Club offers the “Early Settlers” menu from 5:30 to 8 p.m.

Saturday

MOONLITE TURKEY SHOOT: Win a Thanksgiving turkey tonight at 7 p.m. at the Dakota Lanes Bowling Center for the Moonlite 9-Pin-No-Tap Turkey Shoot. Cost is \$13 per person. For details, call 747-3050.

CLUB KARAOKE: The Northern Lights Club offers Karaoke from 10 p.m. to 3 a.m.

CLUB DANCING: The Northern Lights Club offers dancing from 10 p.m. to 3 a.m. to ‘club mix’ music with “DJ ‘C.’”

Sunday

FOOTBALL FRENZY: The Northern Lights Club invites everyone to watch football and win prizes.

SUNDAY BRUNCH: The Northern Lights Club offers Sunday brunch from 10:30 a.m. to 1:30 p.m. Cost is \$3, and there is a Members First discount for club members.

Tuesday

MALL OF AMERICA TRIP: Outdoor recreation is sponsoring a trip to the Mall

of America Nov. 29, departing at 5 a.m. and returning late the same evening.

Cost \$20 per person, includes transportation only.

Time permitting, there will be a stop at the Albertville Outlet Mall.

Sign up by close of business today.

Wednesday

CLUB DINING: The Northern Lights club offers an “All-You-Can-Eat-Taco” Bar from 5:30 to 8 p.m. Cost is \$6.

Upcoming

EARLY BIRD SPECIAL: Outdoor recreation is sponsoring an early bird ski trip to Buena Vista or Frost Fire depending on weather and snow conditions Nov. 29.

For details, call outdoor recreation at 747-3688.

VIDEO NIGHT: The youth center is sponsoring a Preteen Video Night for ages 6 to 12 from 7 to 9 p.m. Nov. 29. Cost is \$1.

COOKIE CONTEST: Services is sponsoring a cookie contest.

Stop by the base library or any other services facility to pick up a recipe entry form and contest rules.

Cookies will be judged Dec. 4. Recipes forms are due at the library Dec.2 to get them in the cookbook.

Bring entries and a baker’s dozen of your cookies to the library by noon Dec. 4. Prizes will be awarded in all categories, and a grand prize. For details, call the Library at 747-3046.

23rd ANNUAL TREE LIGHTING:

We will be lighting a new Grand Forks Air Force Base holiday tree dedication ceremony will be Dec. 4 at 4 p.m. at in front of the Base library.

The tree will be dedicated in honor of the bicentennial of Sakakawea’s significant contributions to the success of the Lewis and Clark Expedition as a translator, guide, wife and mother, and to acknowledge the immeasurable achievements of all Native Americans and Warriors of the North.

You can now receive adminstrator messages off-base. Click on the link at the bottom of the admin messages to subscribe. You can access the admin messages anywhere you can access the Grand Forks Air Force Base Intranet

Last week’s crosswords solutions

A	N	C	H	O	R		P	U	L	L	E	R		B
N	I	L	E			C	U	R			R	E		O
G	L	O	B	E		O	T	S		J	A	B		Y
E		B	R	E	E	D		A	P	U		E		I
L		B	O	R	D	E	R			N	Y	L	O	N
	L	E	N	I	N			A	P	E		L	A	G
P	A	R		E	A	F	B		E		W	I	T	T
A	P	S	E				A	N	N		S	O	H	O
T				T	E	A	R		D	O	A	N		N
H	E	E		S			B	A	L	I				
S	E	M	P	E	R	F	I	D	E	L	I	S		O
	L	U	R		E	L	E	C	T	S		O	R	O
S			A	U	D	I	S		O		S	U	E	Z
O	B	A	N	N	O	N		A	N	T		S	E	E
B			K	I	N	G	S				I	A	M	S

The crosswords will return in the next issue.

Introducing the Lady Warriors



Victoria Bowens
Head coach

After excelling on numerous base-level teams in her career, Victoria takes to the sidelines as the leader of Grand Forks' women's basketball team.

Hometown:
Akron, Ohio



Amanda Cone
Guard/Forward

Hometown:
Portland, Connecticut

Amanda is a versatile player with a great outside shot and ability to post up down low.



Candice Lester
Forward/Center

Candice has a great attitude and love of the game! Her defensive skills and play in the post are essential to the team's success.

Hometown:
Athens, Georgia



Climmie Cooper
Guard

Climmie brings solid fundamentals and a great attitude to the team. She is one of the team's most reliable offensive threats.

Hometown:
Lawton, Oklahoma



Suzette Hill
Assistant coach,
Guard/Forward

Hometown:
Snoqualmie, Washington

Suzette brings both college-level coaching and base-level playing experience to the team.



Cynthia Baggett
Guard

Hometown:
Markam, Illinois

Cynthia is a dedicated player with great awareness.

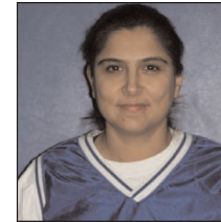
She looks to contribute in the back court.



Andrea Taylor
Guard

Hometown:
Booth Bay, Maine

Andrea has an exemplary work ethic and sets a tremendous example with her play in the backcourt.



Aurora Perkins
Forward

Hometown:
San Antonio

Aurora is an all-around fundamentally sound player.

The team will rely on her to contribute in the low post.



Amber Greenwalt
Guard

Hometown:
Colorado Springs, Colorado

Amber is one of our team's leaders and has superior ball handling skills to go along with a consistent outside shot.

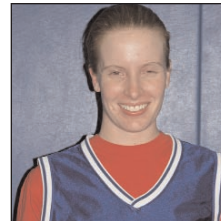


Ruby Batimana
Guard

Hometown:
Los Angeles

Ruby is an exciting player to watch! She brings speed and hustle to the court with a solid perimeter game.

She has the unique ability to see the entire floor, read the opposition's defense and implement the team's offense.

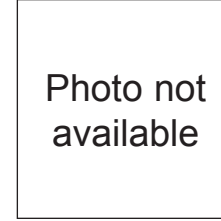


Evon Price
Forward

Hometown:
Perrinton, Michigan

Evon moves well with and without ball.

Her movement creates great scoring opportunities for herself and the rest of the players on the floor.



Monica Rushing
Guard/Forward

Hometown:
Mesa, Arizona

Monica is Grand Forks' own "Baby Barkley."

She brings strength, talent and leadership to the team, and is a dominating force on both ends of the court!



Robin White-Reed
Guard

Hometown:
Grapevine, Texas

Robin is a versatile player and provides critical leadership on and off the court.

She has a deadly outside shot, great court sense and is a defensive dynamo!



Faith Gayles
Guard/Forward

Hometown:
Detroit

Faith is a strong, athletic player who constantly works to improve every area of her quickly developing game.

Her hustle and work ethic should provide a tremendous boost off the bench.



Ellen Langworthy
Guard

Hometown:
Spring Lake, Michigan

Ellen is an exciting all-purpose player who excels on offense and defense!

Her outside shot should create plenty of opportunities for her teammates to score in the low post.



Qiturah Thomas
Guard

Hometown:
Buffalo, New York

Qiturah possesses a great work ethic and is an extremely coachable player. She has found her niche as a guard and will wreak havoc on opposing offenses.